

# KBLU-AM

## QUARTERLY ISSUES AND PROGRAM REPORT

**During this quarter the community needs and interests as ascertained with community leaders were addresses by significant public affairs or public service programming in response to the following:**

1. **Recreation** (community events, etc.)
2. **Family** (Parenting, Children at Risk)
3. **Education**
4. **Agriculture** (both retail and industry point of view)
5. **Government** (meetings, voter education, roads, laws, annexation, etc.)
6. **Health** (includes prevention, abuse, diseases, free clinics, YRMC events etc.)
7. **Community Service Organizations** (Local Non-Profits, government programs, etc.)
8. **Consumer Protection** (identity theft, recalls, scams)
9. **Crime** (prevention, meetings, etc.)
10. **Diversity** (racism, minorities, immigration, etc.)
11. **Senior Citizens**
12. **Military**

KBLU

## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 01/01/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 01/01/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 01/08/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catalytic  
Converter Theft  
Guest: Sergeant Lori Franklin

Issue: #9 Crime

Sergeant Lori Franklin called in to share with Cody Beeson that the Yuma Police Department has taken over 200 catalytic converter theft cases in 2021. The Property Crimes detectives have worked diligently to find those responsible for these thefts. Below is a list of suspects who were arrested in relation to catalytic converter theft cases in 2021. Javier Quintero URIBE, 39, case# 21-80000752, Pedro Ralph ROSAS Jr., 27, case# 21-51202, Juan Ramon DUENAS JR., 30, case# 21-55205, Mario Alberto MORENO, 37, case# 21-67461, Cruz Fernando BARRAGAN, 32, case# 21-65224, Zariya GILMORE, 21, case# 21-65224, Thomas Dominguez SMITH, 43, case# 21-6522, Samantha JORDAN, 29, case# 21-6522, Rafael GONZALEZ, 27, case# 21-48216, Jesus Francisco MURILLO, 31, case# 21-48216, Abel Melano CASILLAS, 29, case# 20-57879, Susana Gandara ORTEGA, 26, case# 20-57879, Armando MONTANO Jr., 30, case# 21-41800.

Date aired: 01/08/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library  
Guest: Howard Blitz

Issue: #7 Community  
Service Organizations

Howard Blitz executive Director with the Freedom Library came on the program to discuss with Cody Beeson the new scholarship classes happening for the next 12 weeks. The scholarship classes each provide a \$1000 scholarship for a student to use for travel or at any education institute they choose. Two classes will be offered this semester the first will be about the US Constitution and how it relates to today and how it applies to your life. The other class will be the foundations of economics and how they are related to our every day lives. For more information search for the Freedom Library on social media or visit their website at [FreedomLibrary.org](http://FreedomLibrary.org).

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 01/15/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: RTR

Guest: Amanda Yantos

Issue: #1 Community  
Events

Amanda Yantos, presenter and contributor at the RTR in Quartzsite called in to the studio to share with Cody Beeson about the upcoming event happening in our close proximity. In fact many of the participants in Quartzsite will venture through Yuma to either Mexico or California before the season is complete. Amanda wanted to share the various workshops, discussions and panels happening in Quartzsite related to RV living. There is no cost to attend this event it is family friendly all ages are welcome. The first part of the RTR focuses on exclusively females and gives them an opportunity to share and discuss ideas pertinent to living on the road as a female. The rest of the RTR will be inclusive to all genders and share in general and specific advice related to living in an alternative situation. For more information visit the RTR Facebook page or website.

Date aired: 01/15/2022

Time Aired: 6:15 AM

Length: 15 Min.

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Converter Theft

Guest: Sergeant Lori Franklin

Issue: #9 Crime

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Length: 15 Min.

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 01/29/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 01/29/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 02/05/2022  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire  
Department  
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert with the Yuma Fire Department came on the program with Cody Beeson to share information about this time of year. Periods of warmer weather can be followed by high winds and even storms. When storms happen, the Yuma Fire Department will normally respond to a variety of related calls for blown transformers, lines down, poles on fire, traffic crashes, flooding, etc. These are common occurrences during rain/wind storms and Yuma residents are asked to use extra caution during these events. If power is out to the lights that control an intersection, treat that intersection like you would a 4-way stop. This is not just a good suggestion, it is the law. Use extra caution, plenty of patience, and avoid driving in areas where the power is out. If you must go out, be sure to drive appropriately for conditions.

Date aired: 02/05/2022  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County  
Schools  
Guest: Tom Tyree

Issue: #3 Education

Yuma County superintendent Tom Tyree came on the program to discuss with Cody Beeson the retirement from his elected office after serving as the Yuma County school superintendent for over 19 years and his decision to become the full-time superintendent for the Southwest technical education district. Also known as STEDY. Tom Tyree has been passionate about education and made it a lifelong career having served in elected office for two decades. As serving in that office he's helped create this JTED district in Yuma and now he wants to dedicate the rest of his career to ensuring the foundation is properly formed for the next generation when the time comes. Tom Tyree is not retiring from education only transitioning over to and more and direct hands on role.

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 02/12/2022  
Time Aired: 6:00 AM

Length: 15 Min.

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Department  
Guest: Mike Erfert

Issue: #5 Government

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 02/19/2022  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Ocean Memorial  
Dedication Event  
Guest: Jacques-André Istel

Issue: #1 Community  
Events

Jacques-André Istel, the Mayor of Felicity California, discussed with Cody Beeson the upcoming event happening in March. Every year Mayor Istel creates and dedicates a new monument. This year the monument that will be dedicated is a 40 panel engraved granite wall with information about the oceans. Everything regarding the oceans has been summarize, engraved and transcribed on giant granite slabs this is the next installment and unveiling at Felicity California. Expect no less than the standard pomp and circumstance expected at an event in Felicity. Mayor Istel invites the Yuma community to welcome the special guests, he said, "the list includes is an honor guard from the USMC, a Coast Guard admiral, a sober sailor if the Navy can find one and the army is invited." For more information visit the Felicity website.

Date aired: 02/19/2022  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County  
Schools  
Guest: Gina Thompson & Eric Patton

Issue: #3 Education

Gina Thompson and Eric Patton with a Yuma union high school district came on the radio to share with Cody Beeson some of the exemplary students making achievements in and around Yuma County. Gina since becoming the superintendent of Yuma union high school district has had to navigate many unusual challenges. This is a return to normal and regards to students being able to participate in school full-time as well as resume extracurricular activities that were limited or completely unavailable within the past two years. Of course the assistance of new technology has helped facilitate in the growth and minimize problems. This year Yuma Union high school district looks to be on a track to have a normal class schedule and if everything remains as it is there will be normal graduation ceremonies in May.

## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 02/26/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Ocean Memorial  
Dedication Event

Guest: Jacques-André Istel

Issue: #1 Community  
Events

Jacques-André Istel, the Mayor of Felicity California, discussed with Cody Beeson the upcoming event happening in March. Every year Mayor Istel creates and dedicates a new monument. This year the monument that will be dedicated is a 40 panel engraved granite wall with information about the oceans. Everything regarding the oceans has been summarize, engraved and transcribed on giant granite slabs this is the next installment and unveiling at Felicity California. Expect no less than the standard pomp and circumstance expected at an event in Felicity. Mayor Istel invites the Yuma community to welcome the special guests, he said, "the list includes is an honor guard from the USMC, a Coast Guard admiral, a sober sailor if the Navy can find one and the army is invited." For more information visit the Felicity website.

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## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 03/05/2022  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 928 Bike Life  
Guest: Jesus Martinez

Issue: #1 Community  
Events

Jesus Martinez with the 928 Bike Life group called into the studio to share with Cody Beeson the upcoming events taking place in the community. 928 Bike Life is a collection of various bicycle clubs and other individuals that frequently ride bikes on a nightly basis in and around Yuma County. Anyone is free to ride with the groups. Different nights have different speeds and distances. Just search for #928BikeLife on social media for more information. The upcoming event is a bicycle show and shine and poker run happening at West wetlands Park and Gateway Park. All ages are welcome and to attend the event or the ride at no cost. For more information or to sign up search the 928 Bike Life groups.

Date aired: 03/05/2022  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 928 Bike Life  
Guest: Jesus Martinez

Issue: #1 Community  
Events

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Date aired: 03/12/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 03/12/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

## 1st Qtr 2022 Quarterly Issues and Program Report

Date aired: 03/19/2022  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: BBB in Yuma  
Guest: John Hessinger

Issue: #8 Consumer  
Protection

John Hessinger with the Better Business Bureau came on the program to discuss with Cody Beeson the new happenings and opportunities offered by the Better Business Bureau in southwest Arizona and Southern California. The Better Business Bureau monitors and tracks scams on a national and local level as well as promote trustworthy businesses and recognize excellent service and performance as consumer awareness. The Better Business Bureau website and reporting features are available to everybody free of charge. If a business wanted to enhance their presence they should contact John and he will schedule a time to meet with them. John Hessinger wanted to share the opportunities for local small businesses to attend marketing and training seminars to help grow survive and grow doing well during this time difficult time. For More information visit the BBB website.

Date aired: 03/19/2022  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County  
Schools  
Guest: Damian Moreno and Clemente

Issue: #3 Education

Damian Moreno and Clemente Delgado came on the program to share with Cody Beeson. Damian was the state 106lb champion in Division 1. He's a junior at Kofa. Along with his younger brother, Gael, they were among NINE Kofa boys wrestlers who made it to the state tournament this year. He was undefeated this year (45-0) and entered the tournament as the state's top seed in his weight class. Clemente was the state 113lb champion in Division 2. He is a junior at Gila Ridge. He was one of six Gila Ridge boys who made the state tournament. GRHS also had five girls make it to the state girls' championship tournament (the most in YUHSD). Clemente had a record of 43-3 on the season.

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**Weekly Public Affairs Program**

Call Letters: KBLU - AM

## QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2022

Show # 2022-01

Date aired: 1/1/22 Time Aired: 6:30AM

**Ashley Kendall, PhD**, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:

Youth at Risk  
Juvenile Crime

Length: 8:46

**Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of *"The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter"*

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:

Physical Fitness  
Personal Health

Length: 8:29

Show # 2022-02

Date aired: 1/8/22 Time Aired: 6:30AM

**Alessandra Cassar, PhD**, Professor of Economics at the University of San Francisco

As researchers investigate reasons for America's persistent gender wage gap, one possible explanation that has emerged over the last decade or so is that women may be less competitive than men. Prof. Cassar was the co-author of a study that examined whether women are less competitive and less willing to take risks than men.

Issues covered:

Women's Issues  
Gender Equality  
Career

Length: 8:23

**Joe Saul-Sehy**, former financial advisor, host of "The Stacking Benjamins Podcast," author of *"Stacked: Your Super-Serious Guide to Modern Money Management"*

Mr. Saul-Sehy explained that many Americans feel too much pressure to be perfect and as a result make unnecessary errors in handling their money. He talked about the urgency of getting out of debt, and the best ways to accomplish it. He also explained the importance of setting timelines for financial goals.

**Issues covered:**  
**Personal Finance**

**Length: 8:57**

Show # 2022-03

**Date aired:** 1/5/22 **Time Aired:** 6:30AM

**Carol Matthews, PhD**, Professor of Psychiatry, University of Florida

Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Mathews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

**Issues covered:**  
**Mental Health**  
**Supply Chain Concerns**  
**Consumer Matters**

**Length: 8:26**

**Dan O'Neill, MD, EdD**, author of *"Survival of the Fit: How Physical Education Ensures Academic Achievement and a Healthy Life"*

For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O'Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

**Issues covered:**  
**Youth Sports**  
**Mental Health**  
**Education**

**Length: 8:55**

Show # 2022-04

**Date aired:** 1/22/22 **Time Aired:** 6:30AM

**Julia Brewer Daily, MS**, former educator, author of *"No Names to Be Given,"* a novel based on her real-life story of adoption

Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

**Issues covered:**  
**Adoption**  
**Technology**

**Length: 8:17**



**Lisa Hinkelman, PhD**, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of *"Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life"*

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

**Issues covered:**  
Girls Issues  
Parenting

**Length: 9:00**

Show # 2022-05

**Date aired:** 1/29/22 **Time Aired:** 6:30AM

**Sean Covey**, author of *"The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age"*

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

**Issues covered:**  
Teenage Concerns  
Parenting  
Education  
Volunteerism

**Length: 8:51**

**Carol Janney, PhD**, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

**Issues covered:**  
Mental Health  
Physical Fitness

**Length: 8:21**

Show # 2022-06

**Date aired:** 2/5/22 **Time Aired:** 6:30AM

**Dale Clark Farran, PhD**, Emerita Professor, Research Professor in Early Childhood Education at Vanderbilt University's Peabody College of Education and Human Development

Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

**Issues covered:**  
Early Childhood Education  
Poverty

**Length: 8:49**

**Creek Stewart**, preparedness expert, Weather Channel host, author of *"The Disaster-Ready Home: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place"*

The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

**Issues covered:**  
Disaster Preparedness  
Consumer Matters

**Length: 8:33**

Show # 2022-07  
Date aired: 2/12/22 Time Aired: 6:30AM

**Dakota Witzel**, doctoral candidate in Oregon State University's College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

**Issues covered:**  
Aging  
Personal Health

**Length: 8:17**

**Carl Erik Fisher, MD**, addiction physician, bioethicist, and Assistant Professor of Clinical Psychiatry in the Division of Law, Ethics, and Psychiatry at Columbia University, author of *"The Urge: Our History of Addiction"*

An estimated 20 million Americans with substance abuse problems go without treatment. Dr. Fisher shared his assessment of the ongoing overdose crisis that claimed more than 100,000 American lives last year. He explained why he believes that calling addiction a disease is not helpful for recovery, and why he thinks the division between "good" drugs and "bad" drugs is overemphasized. He also said complete abstinence may not be the best treatment goal for many with drug or alcohol abuse problems.

**Issues covered:**  
Drug Addiction  
Government Policies

**Length: 8:58**

Show # 2022-08  
Date aired: 2/19/22 Time Aired: 6:30AM

**Sarah Y. Tse**, author of *"7 Years on the Front Line: True Stories and Tough Lessons about a Small Business that You Won't Learn in a Classroom"*

Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also

talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

**Issues covered:**  
Entrepreneurship  
Career  
Racism

**Length: 8:17**

**Ellen Voie**, CEO & President of Women in Trucking, a non-profit organization that encourages women to join the trucking industry.

The recent supply chain problems have been a reminder that US has a huge and long-term shortage of truck drivers. Ms. Voie said women comprise 10% of truck drivers today. She explained why she believes women are often better suited to the job than men, what is attractive about it and what needs to change to encourage women of all ages to seek a career in trucking.

**Issues covered:**  
Supply Chain  
Women's Issues  
Employment

**Length: 8:58**

Show # 2022-09

Date aired: 2/26/22 Time Aired: 6:30AM

**Chuck Bell**, Programs Director, Advocacy, Consumer Reports

Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

**Issues covered:**  
Consumer Matters  
Government Regulation

**Length: 8:43**

**Gary Sirak**, retirement planner, author of *"How to Retire and Not Die: The Three Ps That Will Keep You Young"*

When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one's time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

**Issues covered:**  
Retirement Planning

**Length: 8:40**

Show # 2022-10

Date aired: 3/5/22 Time Aired: 6:30AM

**Roni Cohen-Sandler, PhD**, licensed clinical psychologist, author of *"Anything But My Phone, Mom! Raising Emotionally Resilient Daughters in the Digital Age"*

Technology is transforming the way girls think of themselves, learn, develop social skills, and communicate with the people around them. Dr. Cohen-Sandler talked about the unprecedented changes faced by teens and their parents today. She offered suggestions to improve communication, particularly for a mother-daughter relationship. She said the current generation of teens is more sensitive and vulnerable than ever, about political and cultural trends such as the Me Too movement, Black Lives Matter and climate change.

**Issues covered:**

**Length: 8:54**

Parenting

Teenager Concerns

**Annabel Streets**, author of *"52 Ways To Walk: The Surprising Science of Walking for Wellness and Joy"*

Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

**Issues covered:**

**Length: 8:23**

Exercise

Personal Health

Show # 2022-11

Date aired: 3/12/22 Time Aired: 6:30AM

**Lila Rabinovich**, qualitative social science analyst, Director of Policy and Development at Center for Economic and Social Research at the University of Southern California

Fewer than 1 in 5 Americans have created an online "my SocialSecurity" account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration's website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven't looked up their personal accounts is a lack of awareness the feature exists.

**Issues covered:**

**Length: 8:59**

Social Security

Retirement Planning

**Bonnie J. Kaplan PhD**, co-author of *The Better Brain: How to Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*

From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today's typical American diet. She said more than half of Americans' food intake consists of ultra-processed 'products' with virtually no micronutrient content, creating a lack of nourishment in our brains.

**Issues covered:**

**Length: 8:16**

Nutrition

Mental Health

Show # 2022-12

Date aired: 3/19/22 Time Aired: 6:30AM

**Amy Morin, PhD**, licensed clinical social worker, college psychology instructor and psychotherapist, author of *"13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success"*

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

**Issues covered:**

**Length: 7:31**

Parenting  
Mental Health

**Marion McGovern**, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *"Thriving in the Gig Economy"*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

**Issues covered:**

**Length: 9:38**

Career  
Economy

Show # 2022-13

Date aired: 3/26/22 Time Aired: 6:30AM

**Mark Harmon, PhD**, Professor Emeritus in the Oregon State University College of Forestry

Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

**Issues covered:**

**Length: 8:09**

Climate Change  
Wildfires  
Forest Management

**Anna Lembke, MD**, psychiatrist, Medical Director of Stanford University Addiction Medicine, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic, author of *"Dopamine Nation: Finding Balance in The Age of Indulgence"*

Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, gambling, shopping, gaming, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

**Issues covered:**

**Length: 8:55**

Addiction  
Mental Health